

Basic alternate picking exercises

A

Continue all the way up to the highest position you feel comfortable playing in.

Then, play in the reversed order.

Exercise A notation: Four groups of four notes on the top string. Fret numbers: 1-2-3-4, 5-4-3-2, 3-4-5-6, 7-6-5-4. Pick direction: Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up.

B

Continue all the way up to the 1st string. Then, play in the reversed order.

Exercise B notation: Four groups of four notes on the top string. Fret numbers: 5-4-3-2, 3-2-1-4, 1-2-3-4, 1-2-3-4. Pick direction: Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up.

C

Continue all the way up to the 1st string. Then, play in the reversed order.

Exercise C notation: Four groups of four notes on the top string. Fret numbers: 9-8-7-6, 6-5-4-3, 1-3-2-4, 1-3-2-4. Pick direction: Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up.

D

Play in the reversed order.

Exercise D notation: Four groups of four notes on the top string. Fret numbers: 13-12-11-10, 10-9-8-7, 1-3-2-4, 1-3-2-4. Pick direction: Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up.

E

Play in the reversed order.

Exercise E notation: Four groups of four notes on the top string. Fret numbers: 17-16-15-14, 14-13-12-11, 1-4-2-3, 1-4-2-3. Pick direction: Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up, Down, Up.